Staying Healthy in a Culture That’s ANYTHING BUT!
Only 3% of people meet the recommendations for a healthy lifestyle.
Simple 4 Question Y/N Test

1. Are you a non-smoker?
2. Do you eat at least 5 servings of fruit & vegetables each day?
3. Do you exercise at least 30 minutes, most days of the week?
4. Are you at a healthy weight?
An UnHealthy Lifestyle Relates to:

70 percent of cancers
80 percent of heart disease
90 percent of type 2 diabetes

Source:
American Institute of Cancer Research
World Health Organization

A Healthy Lifestyle Pays Off!

The Weigh You Want to Live!
Yale’s food policy expert…

Kelly Brownell, PhD, calls our food environment “toxic” because people who are exposed to it get sick.
Age-adjusted Prevalence of US Adult Obesity (top row)
Diagnosed Diabetes (bottom row)
There’s a WAR going on…
“More Matters” program to promote Fruits & Vegetables…
Annual Advertising Budget

$3.5 MILLION
Annual Advertising Budget
Annual Advertising Budget

$38 MILLION
Annual Advertising Budget
Annual Advertising Budget

$74 MILLION
Annual Advertising Budget

$388 MILLION
Annual Advertising Budget

McDonalds…
Annual Advertising Budget

$665 MILLION
All together now...
Do you know?
The “Bliss Point”

- Howard Moskowitz, food scientist, while working for Dr. Pepper, invented how to bring the sweetness level of food to the highest level, without becoming “too sweet”.

- Images of various food products such as Frosted Flakes, Prego, Jif, and Catalina salad dressing.
Let nature be your candy

Vitamins
Anti-oxidants
Hydration
Fills You Up

Fiber
Satisfies a Sweet Craving

Potassium
Magnesium
Single Servings
Berries have more antioxidant power than broccoli or spinach!
Linked to sharper cognition
Reduces blood sugar spikes
Improves inflammatory markers like C-reactive protein
But only….

….if you eat them several times a week!
Stock up on frozen!

Find out which stores have the best prices on FROZEN FRUIT

----------------- happymoneysaver.com

Blueberry & Kale Smoothie

The Weigh You Want to Live!
How many of you consume greens daily?

• Rich in lutein, folacin, iron and chlorophyll, which are all powerful in counteracting the effects of stress, aging and disease
  – macular degeneration
  – heart disease
  – dementia
  – cancer
Bliss point rewired!
Kids have hi-jacked bliss points too!

Go Gurt
Pop Tarts
Chocolate Milk
Gatorade
Getting off sugar changes that!
Let’s Play Deal or No Deal!
Studies show 1 Tablespoon of ground flax seed a day reduces both blood pressure and cholesterol levels.

Hodgson Mill or Bob’s Red Mill

- Buy ground or grind yourself
- Store air-tight, fridge or freezer
- Golden flax tastes the best
Add 1 T of flax to lots of delicious things...
Adding a single serving a day of cruciferous vegetables cuts the risk of cancer by more than half.

- Int. J Cancer, 2012
Eating one mushroom a day decreases breast cancer risk by 64%!

According to researchers at the University of Perth on 2,000 Chinese women

- Mushrooms Inhibit the enzyme aromatase, which produces estrogen = promote many forms of breast cancer
- Mushrooms contain lectins that recognize cancer cells and prevent the cells from growing and dividing
Eating ¾ cup mushrooms twice weekly reduces the risk of cognitive decline by 50%.

According to the March 2019 Journal of Alzheimer’s Disease, they contain Ergothioneine (ET) - a unique antioxidant and anti-inflammatory which humans are unable to produce on their own.
Food is Powerful Stuff!
Eat REAL Food!
What is REAL Food?

Grows from the ground or in a tree. Grazes on the prairie. Swims in the ocean.

As Close to it’s Whole Natural State as Possible

Nothing Bad Added In

Nothing Good Taken Out
Can you judge a food just by its nutrition facts?
You Must

Look at the INGREDIENT LABEL in order to really know what you are eating!
With exceptions of course!

Never eat ingredients you can’t pronounce.

Except quinoa. You should eat quinoa.
Smart Cookies?

Sugar, Wheat Flour, Vegetable Oils (Canola, Palm, Palm Kernel Oil, Soybean Oil And Partially Hydrogenated Cottonseed And Coconut Oil), Cocoa, Dextrose, Polydextrose, Yellow Corn Flour, Corn Syrup, Baking Soda, Soy Lecithin, Salt, Natural & Artificial Flavor, Monoglycerides, Vanilla Extract.
Don’t overlook…

The Silence of the Yams
Southwest Stuffed Sweet Potato
Chunky Monkey Breakfast Cookies
Your comfort zone

Where the magic happens

The Weigh You Want to Live!
# REAL Food Daily Defender Checklist

| NAME or DATE | M | T | W | T | F | S | M | T | W | T | F | S | M | T | W | T | F | S | M | T | W | T | F | S |
| Nuts         |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1/4 CUP DAILY|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Flax or Chia Seeds |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1 T DAILY   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Berries     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1/2 CUP DAILY|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Citrus Fruit|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1 CUP DAILY |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Apple or Other Fruit |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1 OR MORE A DAY |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Beans        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 1/2 CUP 3-4X/WK |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Leafy Greens|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 2 OR MORE CUPS DAILY |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Mushrooms Cooked | 1/4 CUP 3-4X/WK |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Cruciferous Veggies | 1/2 CUP DAILY |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

Cruciferous veggies contain extra cancer fighting powers, and include:

- Arugula
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Kale
- Kohlrabi
- Mustard/Collard Greens
- Radishes
- Rutabaga/Turnips

Zonya.com & EatRealAmerica.com
The Fastest Way to Healthy!
How much do you?
Exercise?
I thought you said "Extra Fries!"
I named my dog "5 miles" so I can tell people I walk 5 miles every day.
Studies confirm that exercise is equally effective at treating depression as antidepressant medication is.
Studies show exercise reduces the risk of certain cancers by up to 50%.
Exercise reduces cancer risk by…..

- Ovarian Cancer*..........................25%
- Breast Cancer**.......................25-30%
- Lung Cancer**...........................40%
- Bowel Cancer**..........................40-50%

*Obstetrics and Gynocology, October 2000.
**University of Bristol, UK October 2002.
Let’s do this!
The Super Metabolism Booster!
Did we get a photo?
Go and Be Healthy in a Culture THAT’S ANYTHING BUT!

Zonya.com

The Weigh You Want to Live!  Zonya.com
Food/Sugar Addiction

Artificial Sweeteners

Artificial Sweeteners cont.

- X Qin. What made Canada become a country with the highest incidence of inflammatory bowel disease: could sucralose be the culprit? Can J Gastroenterol. 2011 Sep;25(9):511.
- X Qin. When and how was the new round of increase in inflammatory bowel disease in the United States started? J Clin Gastroenterol. 2014 Jul;48(6):564-5.
Food Dyes References

- [https://nutritionfacts.org/video/seeing-red-no-3-coloring-to-dye-for/](https://nutritionfacts.org/video/seeing-red-no-3-coloring-to-dye-for/)
- T. J. Sobotka. 2010. Overview and Evaluation of Proposed Association Between Artificial Food Colors and Attention Deficit Hyperactivity Disorders (ADHD) and Problem Behaviors in Children. Interim Toxicology Review.


GMO’s references and reading

- http://factsaboutgmos.org/
- http://discover.monsanto.com/conversation/
- https://nutritionfacts.org/video/is-monsantos-roundup-pesticide-glyphosate-safe/
- https://www.nongmoproject.org/gmo-facts/
- http://www.ensser.org/increasing-public-information/no-scientific-consensus-on-gmo-safety/
- Glyphosate and the Gut Microbiome
- Stephanie Seneff, PhD, Senior Scientist, Glyphosate and Autism https://people.csail.mit.edu/seneff/
- Marion Nestle “Does Monsanto collude with EPA to cast doubt on the carcinogenicity of Roundup?
  http://www.foodpolitics.com/tag/gmgenetically-modified/
- Widely Used Herbicide Linked to Cancer Scientific American, 2015
Glyphosate studies

Mushrooms Reduce Breast Cancer by 64%
Eating mushrooms daily may cut breast cancer risk by two thirds
https://nutritionfacts.org/video/breast-cancer-vs-mushrooms/
White button Mushroom Phytochemicals Inhibit Aromatase Activity and Breast Cancer Cell Proliferation, Nutrition and Cancer
Anti-Aromatase Activity of Phytochemicals in White Button Mushrooms, Cancer Research

https://www.j-alz.com/content/nus-study-eating-mushrooms-may-reduce-risk-cognitive-decline
https://www.medicalnewstoday.com/articles/324710.php